

Surface cleaning

Cleaning with soap and water removes dust and most germs. Disinfection is an additional safety measure.



Food

Wash hands before and after preparing food. Wash fruit and vegetables that are eaten raw thoroughly.




**DOCTORS OF
THE WORLD**

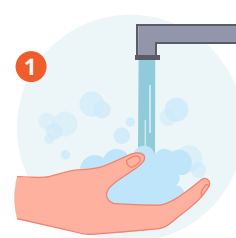


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The programme "Hygiene and Health Promotion to Key and Vulnerable Populations" is implemented with the support of the Church of Jesus Christ of Latter-day Saints.

PERSONAL HYGIENE GUIDELINES

How do we wash our hands?



Rinse your hands thoroughly with plenty of clean, running water.



Spread the soap on all sides of your hands, between your fingers and under your nails.



Rub your hands together, focusing on the above areas for at least 20 seconds.



Rinse your hands thoroughly under running water.



Dry your hands using disposable hand towels or air dry.



Avoid turning off the tap with clean hands. Use the hand towel.

Respiratory Hygiene

When sneezing or coughing, cover your nose or mouth with a tissue or your sleeve.



✗ Wrong

✗ Wrong

✓ Correct

Proper use of the mask

Place the mask so that it covers the mouth and nose



Oral Hygiene

Brush your teeth twice a day for at least two minutes, and visit your dentist once or twice a year for a check-up.



Use a small amount of toothpaste

Start on the outer side of the teeth

Make gentle circular movements



Brush the inner side of your teeth

Brush all surfaces of your teeth

Gently brush your tongue



Rinse your mouth with plenty of water.

Your teeth are now clean

USEFUL INSTRUCTIONS

- ✓ Only use your own toothbrush.
- ✓ After brushing, rinse the toothbrush thoroughly.
- ✓ Leave it to dry upright.
- ✓ Do not allow it to come into contact with other toothbrushes.
- ✓ Change your toothbrush every 3-4 months.